

# Oregon Project Sixth Edition Orientation and Mobility Checklist

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

## 0-1 Years

DATE:					
	+/-	+/-	+/-	+/-	+/-
Moves forward in space (creeps, crawls, or scoots) (GM16)					
Crawls or scoots to obtain a familiar toy (when given visual or auditory cue) (CG17)					
Steps sideways while holding on to stationary object (GM 18)					
Steps with support (GM 22)					

## 1-2 Year

DATE:					
	+/-	+/-	+/-	+/-	+/-
Takes a few steps without support (GM 23)					
Walks around or over obstacles (GM 26)					
Walks upstairs holding on to adult's hand or railing (GM 27)					
Walks independently (GM 36)					
Walks downstairs holding adult's hand (GM 37)					
Independently moves about in familiar room; may or may not explore inquisitively (CM 22)					
Walks barefoot on grass and a variety of surfaces (CM 23)					
Moves to object using sound cue alone (CM 24)					

## 2-3 Years

DATE:					
	+/-	+/-	+/-	+/-	+/-
Walks on many types of surfaces, rarely falling (GM 38)					
Jumps in place with both feet (GM 39)					
Walks up stairs independently holding railing (GM 41)					
Runs 5 feet without falling (GM 42)					
Climbs up and slides down toddler slide (GM 46)					
Jumps in a forward direction 5 times (GM 50)					
Runs smoothly, with changes in speed and direction (GM 53)					
Avoids hazards when in a familiar place (SH 52)					
Delivers items to appropriate location or room when asked (SH 53)					
Touches smaller body parts (fingers, chin, elbow) on request (CG 47)					
Touches body part when function is described ("Show me what you use to hear.") (CM 39)					
Places objects in, on and under other objects on request (CM 40, CG 49)					
Places objects off, out of, together, and away from other objects on request (CM 41, CG 50)					
Independently explores and moves within familiar rooms in own home (CM 42)					
Knows the arrangement of furniture, doors, and stairs within own home (CM 43)					

Maintains sustained search for dropped toy (CM 44)					
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### 3-4 Years

	DATE:				
		+/-	+/-	+/-	+/-
Stands on one foot momentarily (GM 54)					
Identifies activities by sound (closing door, washing dishes, ringing bell), and smell (bakery, gas station, snack) in home and neighborhood (CM 45)					
Tells whether sound is loud or soft; high or low; long or short (CM 49)					
Starts and stops locomotor movement on request (GM 57)					
Goes up and down steps, alternating feet (GM 59)					
Holds arms overhead, extended at shoulder level, or behind body for 15 seconds without tiring (GM 55)					
Hops once in place (GM 61)					
Puts away toys in designated storage areas (SH 72)					
Participates in some shopping activities (SH 73)					
Avoids common dangers around the home (SH 74)					
Names 10 body parts (CM 60)					
Turns to face object or person on request (CM 61)					
Points in specific direction on request (CM 62)					
Touches <i>top</i> , <i>bottom</i> , <i>front</i> , <i>back</i> , and <i>sides</i> of an object on request (CM 63, CG 65)					
Demonstrates high and low on request (CM 64)					
Moves self to front or back of another object on request (CM 65)					
Puts objects where they belong in own home (toys in bedroom, food in kitchen) (CM 66)					
Identifies common environmental features indoors and outdoors (chair, stairs, door, window, sidewalk, lawn) (CM 67)					
Moves to destination quickly and easily within own home (CM 68)					
Locates favorite play areas in own yard (swing, sandbox) (CM 69)					

### 4-5 Years

	DATE:				
		+/-	+/-	+/-	+/-
Follows a variety of directions involving moving the body while the feet are in one place (bend sideways, squat down) (GM 68)					
Walks forward on three-inch wide textured line for ten feet (GM 71)					
Walks forward for a short distance on balance beam (GM 72)					
Gallops (GM 76)					
Uses vocabulary to explain tactual experiences (CM 77)					
Carries object weighing up to 5 pounds (GM 81)					
Moves in response to the terms "backward" and "forward" (CM 93)					
Moves body planes in relation to flat surfaces ("Put your back against the wall.") (CM 93)					
Touches and names "left" and "right" on own body (CG 84, CM 94)					
Places objects over or above, under or below, inside, through, and away from other objects on request (GM 95, CG 85)					
Identifies location of sound as front or back, left or right, near or far, in relationship to own body (CM 96)					

Can locate and turn toward an activity in the classroom setting (CM 97)					
Uses auditory, olfactory and terrain cues to orient self to outside of own home (preschool, grandma's house) CM 98)					
Locates dropped object in immediate vicinity of feet (CM 99)					
Moves own complex body parts on request (wrist, shoulder, ankle, waist) (CG 83)					
Is aware of and avoids places where known poisons (cleansers, etc.) are stores (SH 88)					
Regularly completes one task independently without supervision (may need reminder) (SH 89)					

## 5-6 Years

	DATE:				
	+/-	+/-	+/-	+/-	+/-
Maintains position in a line of students while walking (GM82)					
Joins hands with partner on each side and moves on request (GM 83 SO 48)					
Runs 40-50 yards without discomfort (GM 84)					
Skips, leading with alternating feet (GM 85)					
Coordinates several motor skills in one activity: Relay races, circle games, etc. (GM 95)					
Locates and uses drinking fountain and restroom at school (SH 106)					
States full name, address, and phone number (CG 99, SO 76)					
Buckles own seatbelt in the car (SH 104)					
Knows and calls own phone number (SH 105)					
Places objects <i>across from</i> , <i>next to</i> , or <i>beside</i> self or other objects (CG 102, CM113)					
Places objects to the right side or left side of self or other objects (CG 103, CM 114)					
Moves purposefully and safely around own classroom (CM 115)					
Moves to appropriate area in classroom (where the activity is happening) and finds an empty seat or place with minimal assistance (CM116)					
Demonstrates correct use of guided travel technique for age (CM117)					
Answers either "yes" or "no" politely when asked if help is needed (CM 118)					
Walks to 2-3 familiar locations within the school setting with minimal supervision (CM 119)					
Goes to the store with adult and makes small purchases (CM 120)					
Accepts responsibility for own personal belongings (SO 86)					